




MOOD:  stretchy

MUSIC: Professor Trance and the Energizers - Breath Connects Us All



standuponit

 **standuponit**

<https://standuponit.livejournal.com/2009-04-10> 10:53:00

Friday morning freedom yoga class report: OMGYAY Filipina goth chick with the long loose braid who pitched her mat next to mine today. Talk about your basic day-improver. Amazing how you can tell she's a goth chick even in yoga togs. The eyeliner and bangs give it away. And the black workout socks. Who has black workout socks?

Music included Everlast (with swearing, very much embarrassing the instructor, who must have forgotten that the F-word was in that song), Lennon (instant karma will have to get in line), Bonnie (and the angel from Montgomery.) Also, somebody new to me-- Professor Trance, a song called "Breath Connects Us All." Good stuff.

P.S., there's blueberry poppyseed bread in the kitchen. Because bribing your coworkers begins at home. And if you all fail your drug tests, can I have your jobs?

TAGS: yoga



This looks like a good idea.

...

This.

...

Little guy's not bad.

Gotta teach RHex to smear.

9 comments



 **trollcatz**


April 10 2009, 15:10:29 UTC

COLLAPSE

Blueberry poppyseed? How is that even possible?

(Guess I'll find out. After this phone call.)



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[April 10 2009, 15:18:52 UTC](#) [COLLAPSE](#)

Make bread. Add tiny frozen blueberries, a little extra sugar, poppyseeds, and vanilla (the king of spices).

Nom.

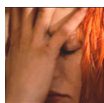


 [thefacebreaker](#)

[April 10 2009, 15:34:36 UTC](#) [COLLAPSE](#)

Now I'm jonesing for that poppyseed kolache filling they sell in a can. Imma get some and eat it straight out of the can.

Hmmm... haven't bought it in a while. I wonder if I'll have to show my id for it now, like Sudafed.



 [sarahwilder](#)

[April 10 2009, 16:03:01 UTC](#) [COLLAPSE](#)

I totally did the embarrassing inappropriate yoga lyrics music for one of my classes, but it was a hip hop class. Whoops.



 [tylik](#)

[April 10 2009, 16:39:22 UTC](#) [COLLAPSE](#)

"Who has black workout socks?"

Um, I have two pairs. And really need to get more, since I almost always dress like I'm heading to the gym, and which means most days I'll be wearing black shoes, black pants, and white socks.

(Also, since I usually wear black wrestling boots when I go dancing, black work out socks are a nice addition. I have bought cute boots to go clubbing in, but I always get so annoyed by any restriction of movement when I wear them, I end up dancing barefoot anyway.)

 [leahbobet](#)

[April 10 2009, 17:28:59 UTC](#) [COLLAPSE](#)

And the black workout socks. Who has black workout socks?

cough

 [rekre8](#)

[April 10 2009, 17:50:26 UTC](#) [COLLAPSE](#)




most of my workout socks are dual-use from cycling. 'cause cyclists have fun socks.

 [eljefe](#)

[April 11 2009, 00:21:22 UTC](#) [COLLAPSE](#)

This is true.



 trollcatz

April 11 2009, 01:14:35 UTC

COLLAPSE

Bheer sox! Climbergrrl want!